

FALL 2020 ADULT PROGRAMS (18-54 years)

All adult classes will begin the week of September 21, 2020 for Teaneck residents only and will be held outdoors at the Votee Park Band Shell. Unfortunately, this session cannot accommodate any make-up classes.

COVID-19 SAFETY MEASURES

The Teaneck Recreation Department follows all CDC Guidelines. Participants must wear a mask along with maintaining social distance. There will be a COVID-19 screening prior to the start of every class which includes a temperature check and a COVID-19 symptoms questionnaire.

Yoga with Carol— This class serves as excellent stress relief involving a series of both moving and stationary poses, combined with deep breathing. Please bring your own yoga mat to every class. **Tuesdays, 6:00-6:55 p.m.** Votee Park Band Shell. \$85 for 6 weeks.

Zumba— A Latin-inspired dance fitness program that incorporates a blend of international music and contagious dance steps to form a fitness party at each class. **Thursdays, 6:00-6:55 p.m.** Votee Park Band Shell. \$85 for 6 weeks.

Zumba Toning— This fun dance class combines targeted body-sculpting exercises with high-energy cardio work and Latin-infused Zumba moves to create a calorie-torching, strength training dance fitness party! Students learn how to use light weights to enhance rhythm and tone all their target zones including arms, abs, and thighs. **Please bring your own weights.** **Thursdays, 7:00-7:55 p.m.** Votee Park Band Shell. \$85 for 6 weeks.

To register for any of these classes, complete the separate Fall registration form or individual class flyers and submit along with the required documentation to the:

**Recreation Office
Richard Rodda Center
250 Colonial Court
Teaneck, NJ 07666**

**If you have any questions, please call us at
(201) 837-7130 or e-mail us at: recreation@teanecknj.gov.**